

What is Claimed is:

1. An anchored fiber optic cable and housing assembly, comprising:
 - a fiber optic cable comprising a strength member, and a jacket around said strength member, wherein said fiber optic cable includes a first end and a second end;
 - 5 an anchor including a first end and a second end, wherein said cable is mounted in said anchor such that said first end of said anchor lies toward said first end of said cable, and wherein said strength member includes a first end extending from said first end of said cable and structurally engaged with said anchor; and
 - 10 a housing, said housing comprising an anchor cavity and a cable inlet, said anchor cavity comprising a shoulder for engaging with said anchor, wherein said anchor is mounted in said housing cavity and said cable extends through said cable inlet, and wherein said anchor cavity shoulder is engaged with said anchor to prevent said anchor from exiting said housing through said cable inlet.
- 15 2. The anchored fiber optic cable and housing assembly of claim 1, wherein said fiber optic cable further comprises a plurality of optical fibers in said jacket.
3. The anchored fiber optic cable and housing assembly of claim 2, wherein said 20 plurality of optical fibers comprises a ribbon arrangement.
4. The anchored fiber optic cable and housing assembly of claim 2, wherein said strength member comprises a plurality of filaments.
- 25 5. The anchored fiber optic cable and housing assembly of claim 4, wherein said filaments comprise aramid filaments.
6. The anchored fiber optic cable and housing assembly of claim 2, wherein said anchor comprises a slot open to said second end of said anchor, and wherein said strength member is 30 structurally engaged with said slot.

7. The anchored fiber optic cable and housing assembly of claim 2, wherein said jacket includes a first flap extending from said first end, and wherein said flap extends over said anchor from said first end of said anchor in the direction towards said second end.

5

8. The anchored fiber optic cable and housing assembly of claim 7, wherein said jacket further includes a second flap extending from said first end, and wherein said second flap extends over said anchor from said first end of said anchor in the direction towards said second end.

10

9. The anchored fiber optic cable and housing assembly of claim 7, wherein said strength member extends over at least a portion of said first flap, such that said first flap is between said outside of said anchor and said strength member.

15

10. The anchored fiber optic cable and housing assembly of claim 2, wherein said housing comprises a plurality of said cavities, and wherein said assembly includes a plurality of said cables and anchors, wherein each of said anchors is mounted in a respective one of said cavities.

20

11. The anchored fiber optic cable and housing assembly of claim 2, wherein said housing comprises a fiber optic fan-out assembly.

12. The anchored fiber optic cable and housing assembly of claim 2, wherein said housing comprises a fiber optic shuffle.

25

13. The anchored fiber optic cable and housing assembly of claim 2, wherein said housing comprises an optical connector.

30

14. The anchored fiber optic cable and housing assembly of claim 1, further comprising a second anchor mounted over the second end of said cable, and wherein a second end of said

strength member extends from said second end of said cable and is structurally engaged with said second anchor.

5 15. The anchored fiber optic cable and housing assembly of claim 14, further comprising a second housing, wherein said second anchor is mounted in said second housing.

10 16. The anchored fiber optic cable and housing assembly of claim 2, wherein said optical fibers may move transversely within said jacket without significantly adversely affecting the signal transmitting capability of said optical fibers.

15 17. The anchored fiber optic cable and housing assembly of claim 2, wherein said housing comprises an optical fiber outlet, and wherein said anchor cavity is configured to prevent said anchor from exiting through said optical fiber outlet.

20 18. An anchored fiber optic cable assembly, comprising:
 a fiber optic cable comprising a strength member and a jacket around said strength member, wherein said cable includes a first end and a second end;
 an anchor including a first end and a second end, wherein said cable is mounted in said anchor such that said first end of said anchor lies toward said first end of said cable, and wherein said strength member includes a first end extending from said first end of said cable and structurally engaged with said anchor.

25 19. The anchored fiber optic cable assembly of claim 18, wherein said fiber optic cable comprises a plurality of optical fibers in said jacket.

20 20. The anchored fiber optic cable assembly of claim 19, wherein said plurality of optical fibers comprises a ribbon arrangement.

30 21. The anchored fiber optic cable assembly of claim 19, wherein said strength member comprises a plurality of filaments.

22. The anchored fiber optic cable assembly of claim 21, wherein said filaments comprise aramid filaments.

5 23. The anchored fiber optic cable assembly of claim 19, wherein said anchor comprises a slot open to said second end of said anchor, and wherein said strength member is structurally engaged with said slot.

10 24. The anchored fiber optic cable assembly of claim 19, wherein said jacket includes a first flap extending from said first end, and wherein said flap extends over said anchor from said first end of said anchor in the direction towards said second end.

15 25. The anchored fiber optic cable assembly of claim 24, wherein said jacket further includes a second flap extending from said first end, and wherein said second flap extends over said anchor from said first end of said anchor in the direction towards said second end.

26. The anchored fiber optic cable assembly of claim 19, wherein said housing comprises a fiber optic fan-out assembly.

20 27. The anchored fiber optic cable assembly of claim 19, wherein said housing comprises a fiber optic shuffle.

28. The anchored fiber optic cable assembly of claim 19, wherein said housing comprises an optical connector.

25 29. The anchored fiber optic cable assembly of claim 19, further comprising a second anchor mounted over the second end of said cable, and wherein a second end of said strength member extends from said second end of said cable and is structurally engaged with said second anchor.

30. The anchored fiber optic cable assembly of claim 19, wherein said optical fibers may move transversely within said jacket without significantly adversely affecting the signal transmitting capability of said optical fibers.

31. A method of anchoring a fiber optic cable in a housing, wherein said cable comprises a strength member and a jacket around the strength member, and wherein said housing comprises an anchor cavity, a cable inlet, and an optical fiber outlet, said method comprising the steps of:

mounting an anchor on the cable jacket at the first end of the cable;

structurally engaging the strength member with the anchor;

thereafter mounting the anchor in the cavity of the housing such that the cable extends through the cable inlet of the housing, wherein the anchor and housing are configured such that the anchor cannot exit through the cable inlet.

32. The method of claim 31, wherein said fiber optic cable further comprises a plurality of optical fibers in the jacket.

33. The method of claim 32, further comprising the step of forming a flap in the first end of the cable, and after the placing step, folding the flap along the outside of the anchor.

20

34. The method of claim 32, wherein the mounting step can be accomplished without the use of tools.

35. The method of claim 32, wherein the mounting step can be accomplished without crimping.

25

35. The method of claim 32, wherein the mounting step can be accomplished without crimping.